

January 2012

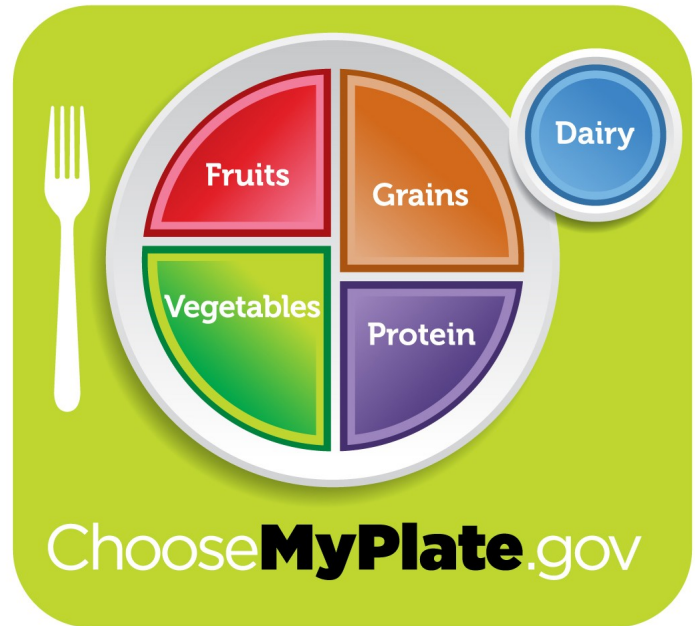
## Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



### Choose My Plate

In June 2011, the United States Department of Agriculture (USDA) introduced MyPlate. MyPlate is based on the recommendations of the 2010 Dietary Guidelines for Americans to help consumers make better food choices. MyPlate puts the five food groups into a place setting which helps to visualize healthy eating making it easier to build a healthy diet.



### What can we learn from MyPlate?

- Avoid oversized portions. Before you eat, think about what and how much food is on your plate. Does it fit?
- Fill half your plate with fruits and vegetables. They are high in nutrients and low in calories.
- Less than one fourth of the plate should be lean meats or other proteins such as beans and nuts.
- Choose fat free or 1% dairy products to help control fat intake.
- Drinking water instead of sweetened beverages is healthiest.
- Make at least half your grains whole grains. Look for whole grain products such as whole wheat bread, pasta, or brown rice.
- Use the food label to compare sodium in foods like soup, bread, and frozen meals then choose the ones with less sodium.

For more information, including personalized MyPlate, meal plans, and recipes, check out [www.choosemyplate.gov](http://www.choosemyplate.gov).

**Kentucky Cabinet for Health and Family Services  
Department for Aging and Independent Living**

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The Kentucky Department for Aging and Independent Living (DAIL) oversees the administration of statewide programs and services on behalf of Kentucky's elders and individuals with disabilities.

In partnership with Kentucky's 15 Area Agencies on Aging and Independent Living, Community Mental Health Centers, Center for Independent Living and other community partners, DAIL provides leadership and addresses issues and circumstances that stand in the way of elders and individuals with disabilities achieving the best possible quality of life.

<http://chfs.ky.gov/dail/default.htm>